

Palm Air Village Park: 6401 NW 63rd St Walking/Jogging Path .46 miles 8 am-9 pm

Imperial Point Park: 6400 NE 22 AVE Walking/Jogging Path .13 miles (inner) .15 (outer) 8 am- 9 pm

5 am- 9 pm

5 am - 11 pm

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Osswald Park: 2220 NW 21 AVE Walking/Jogging Path .6 miles

Joseph C. Carter Park: 1450 West Sunrise Blvd Walking/Jogging Path .5 miles

Middle River Terrace: 1330 NE 5th Terrace Walking/Jogging Path .29 miles 8 am - 9 pm

> George English Park: 1101 Bayview Drive Walking/Jogging Path .23 miles 6 am- 10 pm

Holiday Park: 800 N Federal Highway Walking/Jogging Path 1.3 miles with 18 fitness stations 5am-11 pm

20 N. New River Drive Promenade 1.25 Miles

SE 3rd Street to NE 19th Street Beach Promenade: approximately 2 miles Open 24 Hours

Melrose Park: 3400 Davie Blvd Walking/Jogging Path .5 Miles 8 am- 9pm

950 SW 27th AVE Walking/Jogging Path .6 Miles

Civic People Park: 3781 Riverland Road Walking/Jogging Path .2 Miles

Edgewood Park: 3341 SW 15th AVE Walking/Jogging Path .5 Miles, 8 fitness stations

Snyder Park: 3299 SW 4th AVE

Green course .7 miles, Red Course 1 mile, Blue Course 1.4 miles, Yellow Course 3.1 miles



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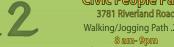
CLOSED from 4 am-6 am





Riverland Park:

8 am- 9pm







COMMIT 2D FIT AND WALK FORT LAUDERDALE

It Starts In Parks

Walk Fort Lauderdale

Good health and a more balanced life can be as simple as a walk in the park. Walking burns calories, lowers blood pressure, reduces risk of heart disease, strengthens bones and can improve your mood and outlook on life.

Have you recycled the same resolutions to take better care of yourself and spend more time with your family year after year?

Lace up your shoes and set your sites on Fort Lauderdale's beautiful parks.

Unplug your kids and awaken their natural sensibilities.

Take your honey by the hand and listen with attention undivided.

Have a calorie free encounter with a colleague.

Stroll with your parents and discover family history.

Treat Rover to a walk on the Riverwalk.

Set your mind on a butterfly's wings.

Find a healthier and more centered you one step at a time.

7 SIMPLE STEPS FOR SUCCESS IN YOUR WALKING PROGRAM

- 1. Always consult your physician when beginning any new exercise or diet program.
- 2. Drink plenty of water before, during and after your walk.
- 3. Take time to warm up and stretch before walking and stretch again after walking.
- 4. Wear well-fitted, sturdy walking shoes and comfortable clothing.
- 5. Walk with a friend or family member.
- 6. The Surgeon General recommends 30 minutes of activity most days a week. If you haven't exercised in a while, begin with 10 minutes at a slower pace and build endurance gradually.
- 7. Take 3 short 10-minute walks per day if it is difficult to fit a 30-minute walk into your schedule.





For information about accessible features within our parks system please visit our website at http://www.fortlauderdale.gov/cityparks/ada.htm or call the ADA hotline at 954-828-5347.

